



JULY NEWSLETTER

Monthly

INSIDE THE DEN



COMMUNITY

EVENTS

PROGRAMS

“MOVEMENT IS MEDICINE FOR CHANGING A PERSON’S PHYSICAL, EMOTIONAL, AND MENTAL STATE.”

-Maria Emmerich



July 2021
Vince Mini's
BOOK OF THE MONTH



FOR MORE INFORMATION:
916-933-7246 | 4990 Hillsdale Circle, Ste 200 | mhop.fit

COMMUNITY

RUN CLUB UPDATE

by Coach Maria

How to Get Involved:

Feeling like you need a little extra cardio push? Join coach Maria for a Walk/Run Club every Saturday morning starting at 7:30am. The group get's their workout in 45-60 min and rewards themselves with a coffee at a local cafe after. Location changes weekly and is sent out on Friday's

Events:

We are planning on training for the Folsom Blues Half Marathon on October 17th, starting July 26th. You must register for the race. Anyone interested in running the Half marathon, 2 person Relay, or 5k can come to an info meeting July 24th or any of our Saturday walk/runs.

IF you are interested in bursting through your goals.

CONTACT COACH MARIA @mfhb@me.com



Look for us in Neighbors Magazine

The Mini family is on the cover of Neighbors Magazine for their August issue. Look out for us to learn how MHOP got started!



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INSIDE THE DEN



SATURDAY MORNING RUN IS BACK!

Calling all athletes... Saturday Morning run is back! Join Coach Kyle and Joy every Saturday, 6:45 am start time at Promotory Park. Improve your speed and agility, while keeping up your skills during the off season.



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